

# Base Menu Spreadsheet

## Weighted Values

Feb 6, 2023 thru Mar 3, 2023

**Menu Name:** LAYC ACADEMY 9 to 12 - Lunch

**Include Cost:** No

**Site:**

**Report Style:** Detailed

### Monday - 02/06/2023

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
991703 Creamy Cilantro Lime Chicken Burrito ( tortill10")	1 tortillas 10"	100	345	2.75	334	*2	11.92	*0.00	50	35.91
992050 Creamy Cilantro Lime Chicken Burrito (t 10") VEGET	1 tortillas 10"	1	4	0.02	5	*0	0.12	*0.00	0	0.37
990739 Pico de Gallo - 1 cup	1 cup	100	59	0.04	24	7	0.11	0.00	0	13.05
992014 Cranberry, Dried Original (9-12)	2 (1.16oz)	100	220	0.00	0	48	0.00	0.00	0	56.00
000231 MILK,Skim	8 fl. oz.	30	27	0.00	39	4	0.00	0.00	2	3.90
000190 Low Fat Milk - 1%	8 fl. oz.	70	77	1.05	91	9	1.75	0.00	10	9.10
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0.00	0	0.00
<b>Weighted Daily Average</b>			<b>732</b>	<b>3.86</b>	<b>493</b>	<b>*70</b>	<b>13.90</b>	<b>*0.00</b>	<b>62</b>	<b>118.33</b>
<b>% of Calories</b>				<b>4.75%</b>		<b>*38.3%</b>	<b>17.1%</b>	<b>*0.0%</b>		<b>64.7%</b>
<b>Weekly Nutrient Guideline</b>			<b>750 - 850</b>	<b>&lt;10</b>	<b>1420</b>		<b>&lt;=0</b>			

### Tuesday - 02/07/2023

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
991038 Chili hot dog, turkey + Bun	serving	100	349	6.05	1080	*8	16.03	*0.00	50	35.51

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## Weighted Values

Feb 6, 2023 thru Mar 3, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
991729 Chili hot dog, turkeyMeatless + Bun (V)	1 serving	1	3	0.03	8	*0	0.08	*0.00	0	0.37
991015 Green Bean Canned	1/2 cup	100	63	0.38	140	1	5.26	0.00	0	3.00
000222 KETCHUP: individual	9 gr	100	10	0.00	25	2	0.00	0.00	0	3.00
000090 PEARS,FRESH - 1 cup (Danjou or Bosc 100ct)	1 cup	100	84	0.03	1	14	0.21	0.00	0	22.54
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0.00	0	0.00
<b>Weighted Daily Average</b>			<b>609</b>	<b>7.24</b>	<b>1385</b>	<b>*38</b>	<b>22.83</b>	<b>*0.00</b>	<b>60</b>	<b>77.42</b>
% of Calories				10.70%		*25.0%	33.7%	*0.0%		50.9%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

### Wednesday - 02/08/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
992075 Chicken Caesar Pasta Salad - 9-12	1 cup	100	586	5.56	683	8	32.35	*0.00	59	52.58
992076 V-Chicken Meatless Caesar Pasta Salad- 9-12	1 cup	1	6	0.05	8	0	0.32	*0.00	0	0.54
990708 Fruit Punch, Juice	(2 HC)	100	120	0.00	10	24	0.00	0.00	0	28.00
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	1.25	0.00	8	6.50

# Base Menu Spreadsheet

## Weighted Values

Feb 6, 2023 thru Mar 3, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0.00	0	0.00
Weighted Daily Average			812	6.36	831	*45	33.93	*0.00	69	94.12
% of Calories				7.05%		*22.2%	37.6%	*0.0%		46.4%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

### Thursday - 02/09/2023

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
990888 Creamy Chicken Penne Pasta (9-12)	1 cup	100	508	12.71	286	8	24.08	*0.00	112	50.67
992072 V-Creamy Chicken Meatless Penne Pasta (9-12)	1 cup	1	4	0.08	3	0	0.16	*0.00	0	0.52
991006 Banana - 1 cup (2 Bananas)	2 Bananas	100	210	0.26	2	29	0.78	0.00	0	53.90
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0.00	0	0.00
Weighted Daily Average			822	13.80	421	*50	26.27	*0.00	122	118.09
% of Calories				15.11%		*24.3%	28.8%	*0.0%		57.5%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

### Friday - 02/10/2023

### Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Weighted Values

Feb 6, 2023 thru Mar 3, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
990149 Beef Burger	1 serving	100	368	3.54	737	5	16.38	0.00	35	14.92
991182 Beef Meatless Burger (V/VG) ** SEE NOTES	1 serving	1	3	0.00	8	0	0.04	0.00	0	0.37
000312 MASHED POTATOES - 1 cup	1 CUP	100	204	0.08	13	*0	0.21	0.00	0	46.72
000222 KETCHUP: individual	9 gr	100	10	0.00	25	2	0.00	0.00	0	3.00
991258 Mayonnaise SS Pouch (Low Sodium)	0.38 oz	100	70	1.50	70	0	8.00	0.00	5	0.00
000307 APPLES,Fresh - Cup (100 - 125 ct)	1 cup	100	77	0.04	1	15	0.25	0.00	0	20.58
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	1.25	0.00	8	6.50
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	0.00	2	6.50
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0.00	0	0.00
<b>Weighted Daily Average</b>			833	5.91	985	*36	26.13	0.00	50	98.58
% of Calories				6.39%		*17.3%	28.2%	0.0%		47.3%
<b>Weekly Nutrient Guideline</b>			750 - 850	<10	1420		<=0			

**Monday - 02/13/2023**

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
990960 Shepherd's Pie 1cup	serving	100	338	2.75	140	*2	10.00	*0.00	95	42.59
992082 Shepherd's Pie 1cup (V)	serving	1	3	0.02	3	*0	0.03	*0.00	0	0.48
000066 Brown Rice - Riceland KM	1.5 cup	100	300	0.00	0	0	2.00	0.00	0	64.00

# Base Menu Spreadsheet

## Weighted Values

Feb 6, 2023 thru Mar 3, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
000307 APPLES,Fresh - Cup (100 - 125 ct)	1 cup	100	77	0.04	1	15	0.25	0.00	0	20.58
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	1.25	0.00	8	6.50
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	0.00	2	6.50
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0.00	0	0.00
<b>Weighted Daily Average</b>			<b>819</b>	<b>3.57</b>	<b>275</b>	<b>*31</b>	<b>13.54</b>	<b>*0.00</b>	<b>105</b>	<b>140.64</b>
% of Calories				3.92%		*15.1%	14.9%	*0.0%		68.7%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

**Tuesday - 02/14/2023**

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
992185 Buffalo Chicken Mac & Cheese -9-12	1 Portion	100	422	6.32	809	3	13.01	0.00	51	56.13
992175 Buffalo Chicken Meatless Mac & Cheese - Vegetarian	1 Portion	1	4	0.06	9	0	0.12	0.00	0	0.47
992199 CAULIFLOWER and BROCCOLI -1 (0.75 OT/ 0.25DG)	1 cup	100	68	0.46	30	2	4.94	0.00	0	5.24
000090 PEARS,FRESH - 1 cup (Danjou or Bosc 100ct)	1 cup	100	84	0.03	1	14	0.21	0.00	0	22.54
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	1.25	0.00	8	6.50

# Base Menu Spreadsheet

## Weighted Values

Feb 6, 2023 thru Mar 3, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0.00	0	0.00
Weighted Daily Average			678	7.62	979	*32	19.54	0.00	62	97.37
% of Calories				10.12%		*18.9%	25.9%	0.0%		57.4%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

### Wednesday - 02/15/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
990848 Apple Provolone Turkey Sandwich	serving	100	361	4.08	1091	16	10.68	0.00	37	45.88
992080 Apple Provolone Sandwich (V)	serving	1	3	0.08	7	0	0.17	0.00	0	0.31
000262 CARROTS - 1 cup sliced	CUP	100	55	0.05	90	5	0.28	0.00	0	12.82
991584 DRESSING, RANCH SS CUP SHELF STABLE 1OZ	1oz	100	130	2.00	180	1	14.00	0.00	10	1.00
991006 Banana - 1 cup (2 Bananas)	2 Bananas	100	210	0.26	2	29	0.78	0.00	0	53.90
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0.00	0	0.00
Weighted Daily Average			860	7.22	1502	*65	27.16	0.00	57	126.92
% of Calories				7.56%		*30.2%	28.4%	0.0%		59.0%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

# Base Menu Spreadsheet

Weighted Values

Feb 6, 2023 thru Mar 3, 2023

**Thursday - 02/16/2023**

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
991593 BYO Turkey Nachos 9-12	SERVING	99	492	8.25	445	7	23.00	0.00	81	51.79
991768 BYO VEGGIE Nachos 9-12	SERVING	1	5	0.08	6	0	0.20	0.00	0	0.58
991695 SOUR CREAM,FAT FREE (SS)	1oz	100	25	0.00	30	2	0.00	0.00	0	4.00
991141 TANGERINES,FRESH - 1 cup (120 ct)	3 medium	100	140	0.10	5	28	0.82	0.00	0	35.22
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0.00	0	0.00
Weighted Daily Average			761	9.18	617	*50	25.26	0.00	91	104.59
% of Calories				10.86%		*26.3%	29.9%	0.0%		55.0%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

**Friday - 02/17/2023**

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
991590 One-Pot Enchilada Rice 9-12	serving	100	555	6.23	605	*5	13.32	*0.00	30	83.10
990660 Orange Juice	2 HC	100	100	0.00	30	20	0.00	0.00	0	24.00
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	0.00	2	6.50

# Base Menu Spreadsheet

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## Weighted Values

Feb 6, 2023 thru Mar 3, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0.00	0	0.00
Weighted Daily Average			755	6.98	765	*38	14.57	*0.00	40	120.10
% of Calories				8.32%		*20.1%	17.4%	*0.0%		63.6%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

### Monday - 02/20/2023

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
000145 NO SCHOOL TODAY										
Weighted Daily Average			0	0.00	0	0	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%		0%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

### Tuesday - 02/21/2023

### Reimbursable Meal Total 1



# Base Menu Spreadsheet

## Weighted Values

Feb 6, 2023 thru Mar 3, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
000145 NO SCHOOL TODAY										
Weighted Daily Average			0	0.00	0	0	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%		0%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

### Wednesday - 02/22/2023

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
000145 NO SCHOOL TODAY										
Weighted Daily Average			0	0.00	0	0	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%		0%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

### Thursday - 02/23/2023

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
000145 NO SCHOOL TODAY										
Weighted Daily Average			0	0.00	0	0	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%		0%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

# Base Menu Spreadsheet

Weighted Values

Feb 6, 2023 thru Mar 3, 2023

## Friday - 02/24/2023

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
000145 NO SCHOOL TODAY										
Weighted Daily Average			0	0.00	0	0	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%		0%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

## Monday - 02/27/2023

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
991359 Chicken - 2.87 oz KM	2.87 oz	100	103	0.75	146	*0	4.40	*0.00	41	0.11
991197 Baked Chicken Meatless ( V/VG)	80 gr	1	1	0.00	2	*0	0.04	0.00	0	0.04
992184 Brown Rice w/ Bl. Beans & Carrots (9-12)	serving	100	460	0.37	150	*5	6.99	0.00	0	86.02
000307 APPLES,Fresh - Cup (100 - 125 ct)	1 cup	100	77	0.04	1	15	0.25	0.00	0	20.58
000190 Low Fat Milk - 1%	8 fl. oz.	70	77	1.05	91	9	1.75	0.00	10	9.10
000231 MILK,Skim	8 fl. oz.	30	27	0.00	39	4	0.00	0.00	2	3.90

# Base Menu Spreadsheet

## Weighted Values

Feb 6, 2023 thru Mar 3, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0.00	0	0.00
Weighted Daily Average			746	2.22	429	*34	13.43	*0.00	53	119.75
% of Calories				2.68%		*18.2%	16.2%	*0.0%		64.2%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

### Tuesday - 02/28/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
990402 BBQ Chicken Sandwich-	serving	100	294	0.62	799	15	4.34	0.00	43	21.86
991711 BBQ Chicken Meatless Sandwich- (Vegetarian)	serving	1	3	0.00	9	0	0.04	0.00	0	0.24
000271 CORN: frozen, yellow - 1 cup	CUP	100	151	1.36	2	5	3.03	*0.00	5	31.85
991006 Banana - 1 cup (2 Bananas)	2 Bananas	100	210	0.26	2	29	0.78	0.00	0	53.90
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0.00	0	0.00
Weighted Daily Average			757	3.00	942	*62	9.44	*0.00	58	120.85
% of Calories				3.57%		*32.8%	11.2%	*0.0%		63.9%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

### Wednesday - 03/01/2023

Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Weighted Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
992031 Cranberry Turkey Sandwich	serving	100	371	4.02	1478	18	8.99	0.00	60	46.33
992071 Cranberry Toasted Tofu Sandwich	serving	1	3	0.04	5	0	0.09	0.00	0	0.46
000257 BROCCOLI - 1/2 cup	1/2 cup	100	36	0.22	15	1	2.49	0.00	0	3.02
990429 Dressing, Ranch Buttermilk Homestyle ss cup ref	1.5 oz	100	150	2.50	370	1	16.00	0.00	15	1.00
000090 PEARS,FRESH - 1 cup (Danjou or Bosc 100ct)	1 cup	100	84	0.03	1	14	0.21	0.00	0	22.54
000231 MILK,Skim	8 fl. oz.	30	27	0.00	39	4	0.00	0.00	2	3.90
000190 Low Fat Milk - 1%	8 fl. oz.	70	77	1.05	91	9	1.75	0.00	10	9.10
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0.00	0	0.00
<b>Weighted Daily Average</b>			<b>749</b>	<b>7.86</b>	<b>2000</b>	<b>*47</b>	<b>29.53</b>	<b>0.00</b>	<b>87</b>	<b>86.35</b>
% of Calories				9.44%		*25.1%	35.5%	0.0%		46.1%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

Thursday - 03/02/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
991249 Chicken Stroganoff Pasta 9-12	serving	100	553	1.19	334	*12	12.21	*0.00	43	86.23
992070 Chicken Meatless Stroganoff Pasta 9-12	serving	1	5	0.01	5	*0	0.12	*0.00	0	0.77
990660 Orange Juice	2 HC	100	100	0.00	30	20	0.00	0.00	0	24.00

# Base Menu Spreadsheet

## Weighted Values

Feb 6, 2023 thru Mar 3, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	1.25	0.00	8	6.50
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	0.00	2	6.50
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0.00	0	0.00
<b>Weighted Daily Average</b>			<b>758</b>	<b>1.95</b>	<b>499</b>	<b>*45</b>	<b>13.57</b>	<b>*0.00</b>	<b>53</b>	<b>124.00</b>
% of Calories				2.32%		*23.7%	16.1%	*0.0%		65.4%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

## Friday - 03/03/2023

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
991692 WG Cheese Pizza (V)	4.6 oz	100	300	4.00	580	14	11.00	0.00	15	37.00
990603 CREAMY COLESLAW	1 cup	100	207	0.67	292	34	3.16	0.00	6	43.85
991141 TANGERINES,FRESH - 1 cup (120 ct)	3 medium	100	140	0.10	5	28	0.82	0.00	0	35.22
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0.00	0	0.00
<b>Weighted Daily Average</b>			<b>747</b>	<b>5.52</b>	<b>1007</b>	<b>*89</b>	<b>16.22</b>	<b>0.00</b>	<b>31</b>	<b>129.07</b>
% of Calories				6.65%		*47.7%	19.5%	0.0%		69.1%
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0			

# Base Menu Spreadsheet

## Weighted Values

Feb 6, 2023 thru Mar 3, 2023

			Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
Weighted Averages			763	6	875	*49	20.35	*0.00	67	111.75
% of Calories				7.25%		*25.7%	24.0%	*0.0%		58.6%

*\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient*

*\* - denotes combined nutrient totals with either missing or incomplete nutrient data*

*<sup>1</sup> - denotes required nutrient values*

*<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.*

**NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.**